

School Wellness

Pursuant to federal law, the following parties have developed this school wellness policy: members of the district's Board of Education, students, parents, teachers, the district's director of food services, school nurse and community members.

The Board promotes healthy schools by supporting student wellness, good nutrition, and regular physical activity as a part of the total learning environment. Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential, as children who eat well-balanced meals and are healthy are more likely to learn in the classroom.

The district will establish and maintain a district-wide Nutrition and Physical Activity Advisory Council. The purposes of the council shall be to monitor the implementation of this policy, evaluate the district's progress on this policy's goals, serve as a resource to schools (i.e. provide lists of healthy incentives, snacks, etc.) and recommend revisions to this policy as the council deems necessary and/or appropriate.

To further the Board's beliefs stated above, the Board adopts the following goals:

Goal #1: Plateau Valley School District will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

- School shall be a safe and healthy place for students and employees to learn and work, with a climate that nurtures learning, achievement, and growth of character.
- All students shall be taught the essential knowledge and skills they need to make health-enhancing choices and avoid behaviors that can damage their health and well-being.
- All students shall be provided with the nutrition education information they need to make healthy dietary choices which promote student health and reduce childhood obesity.

Goal #2: Plateau Valley School District will support and promote proper dietary habits contributing to student's health status and academic performance.

- In preparing meals for students, food services shall comply with any applicable state and federal rules, regulations, or guidelines regarding nutrition, including the state's healthy beverages policy.
- Reimbursable school meals shall meet the requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

- All foods provided at school and school sponsored events (including but not limited to vending machines) shall promote healthy nutritional choices and meet standards set by the district's Wellness Committee and the state's healthy beverages policy.

Goal #3 The district will provide opportunities for students to engage in physical activity:

- Physical activity shall be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the district's content standards and may include, but need not be limited to exercise programs, fitness breaks, recess, field trips that include physical activity and classroom activities that include physical activity.
- Supervised time outdoors, with the opportunity for physical activity, shall be provided for all students on a daily basis during the school day, weather permitting.
- The district will maintain a graduation requirement of at least one credit of physical education for all high school students.

Adopted: February 27, 2008
Amended: September 21, 2011
Amended: July 17, 2013
Amended: March 12, 2014
Amended: May 20, 2015

LEGAL REFS.: Section 204 of P.L. 111-296
C.R.S. 22-32-134.5
C.R.S. 22-32-136
C.R.S. 22-32-136.3
C.R.S. 22-32-136.5(3)(a) and (b)
1 CCR 301-79

CROSS REFS.:EF, Food Services
EFC, Free and Reduced Priced Food Services
EFEA*, Nutritious Food Choices
IHAM, Health and Family Life/Sex Education
IHAMA, Teaching About Drugs, Alcohol and Tobacco
JLJ*, Physical Activity